

SEPTEMBER - Rising Stars Jazz/Lyrical 8-11YRS

THEME OF THE MONTH: HALLOWEEN DANCE PARTY



Prop List:

- Hula Hoops
- Pom Poms
- Witch Brooms
- Witch Hats (for teachers)

Classroom Set-up:

Prior to class, place a hula hoop out for each dancer. Make sure you have all of your props ready to go!

CENTRE EXERCISES:

- 1. Halloween Warm-up – “Halloween Dance”**
 - Song/Album: “Christopher “Zondoflex” Tyler
 - See Twinkle Star (Jazz-Just for Fun, Twinkle Stars ages 3-4 and 4-5)
- 2. Tendu – “Big Band”**
 - Artist/Album: Bart&Baker/Electro Swing VII Bart & Baker (TDP Cut)
- 2. Right & Left Foot – “Hokey Pokey”**
 - a. Song/Album: “Hokey Pokey”/Dora the Explorer: Party Favorites)
 - b. Prop – Hula Hoops
- 3. Hand Positions – “Booty Swing”**
 - a. Song/Artist/Album – “Booty Swing”/Parov Stelar/The Paris Swing Box EP (TDP Cut)
 - b. Prop – Hula Hoop
- 4. Plie/Foot Positions/Ballet Arm Positions – “A Millions Dreams”**
 - Song/Album: “A Million Dreams”/The Greatest Showman Soundtrack

ACROSS THE FLOOR EXERCISES:

- 1. Across the Floor Techniques: “Ghostbusters” (The Party Cats)**
 - Artist/Album: The Party Cats/Kids Dance Party – Halloween Jams
 - Exercise:
 1. Chasse side across the room
 2. Chasse front (from corner)
- 2. Across the Floor Techniques “Casper the Friendly Ghost”**
 - Artist/Album: Party Cats/Kids Dance Party – Halloween Jams
 - Exercise: Repeat the below all the way across the floor
 - 4 Parallel Passe Walks (step 1,2, Passe 3,4)
 - 2 Chasse-touches (Chasse 1,2, touch 3,4, Shake 5,6,7,8)
 - Armwork: Do 2x
 - Step out with right/right hand to high V (2cts)
 - Step out with left/left hand to high V (2cts)
 - Step together with right/right hand to hip (2cts)
 - Step together with left/left hand to hip (2cts)

3. Across the Floor - Steps & Techniques – “I Put a Spell on You”

- Album/Artist – Massive Film Soundtracks/The Academy AllStars
- Technique: Step Vines
- Props:
 - Witch hats for teachers
 - Witch brooms to jump over
 - pom poms to jump over

DANCE & RECITAL

Every week, add on to your recital dance, and continue to perfect it. The goal is to have 2 dances by each recital. Once a dance is learned, the teacher should NEVER drop that routine until there is a new dance to replace it. This way there will always be two dances ready at all times.

CLASS END/REVERENCE:

Halloween Free Dance – “Halloween Mix”

This is a medley of songs. For each song, you are going to give the dancers different instructions. When that song ends, they need to “Freeze/Pose”

- 1st Song: Thriller – Start on the sides of the room, crawl in to the centre of the floor, than dance like Zombies
- 2nd Song: “Monster Mash” – Have them do creepy ground work (slither like a snake, crawl like a spider, etc.)
- 3rd Song: “Adams Family” – Have them stand up and do “high work” – leaps, big movement
- 4th Song: “This is Halloween” – Be creepy skeletons and dance
- 5th Song: “Rotten to the Core” – Dance however they want

End Reverence:

Have all the dancers join hands in a circle, bow, and say “Thank You for Class”